



# LANDING YMCA GYMNASIUM SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

OPEN GYM 5:30 - 9:45AM	OPEN GYM 5:30 - 7:30AM	OPEN GYM 5:30 - 10:00AM	OPEN GYM 5:30 - 7:30AM	OPEN GYM 5:30 - 9:45AM	CLOSED	CLOSED
FOREVER FIT 10-11:00AM	EXERCISE FOR PARKINSON'S 10 - 11:00AM	ITY BITTY OPEN GYM 10 - 11:00AM	DROP-IN PICKLEBALL 7:30- 9:30AM	FOREVER FIT 10-11:00AM	DROP-IN PICKLEBALL 8 - 9:00AM	OPEN GYM 9:00-10:00AM
THE BALANCE CLASS 11-11:30AM	OPEN GYM 11:00AM - 1:30PM	PICKLEBALL CLINIC 11:30AM - 12:30PM	OPEN GYM 9:30AM - 1:30PM	THE BALANCE CLASS 11-11:30AM	OPEN GYM 11:00AM - 3:00PM	ADULT CORNHOLE 10:00-11:30AM
OPEN GYM 11:30AM - 2:00PM	ROCK STEADY BOXING 1:30 - 2:30PM	DROP-IN PICKLEBALL FOR BEGINNERS 12:30-2:30PM	ROCK STEADY BOXING 1:30 - 2:30PM	OPEN GYM 1:30PM - 4:00PM	OPEN GYM 11:30AM-1:00PM	
DROP-IN PICKLEBALL 2:00 - 4:30	OPEN BASKETBALL 2:30-4:45PM	DROP-IN PICKLEBALL 2:30-4:45PM	OPEN BASKETBALL 2:30-4:45PM	STREET HOCKEY 4:00-5:00PM		
INTRO TO SOCCER 4:45-6:30PM	INTRO TO BASKETBALL 4:45-6:30PM	INTRO TO VOLLEYBALL 4:45-6:30PM	BASKETBALL SKILLS 4:45-6:30PM			Descriptions Can be Found on the Back Side of this Page
OPEN GYM 6:30-8:00PM	OPEN GYM 6:30- 8:00PM	BASKETBALL LEAGUE 6:30- 8:00PM	WALKING SOCCER 6:30-8:00PM			



# DESCRIPTIONS

## OPEN GYM

Open gym is available for members to use for basketball, Pickleball, and more. Please recognize that no one sport, or group may dominate the gym if others wish to use it.

## DROP-IN PICKLEBALL

These are times that are set aside for all three courts to be used exclusively for pickleball. Free to Y members. Community members can purchase a special pickleball punch card and save! Paddle up!!

## OPEN BASKETBALL

The whole gym is available for hoops! Come with a group or by yourself to shoot around or get a game going.

## ITTY BITTY OPEN GYM

This parent-led playtime for ages 0-5 is designed to let your little one discover and explore their sports interests while you both stay active, have fun and make memories together. Drop ins any time during the session are encouraged!

## INTRO TO STREET HOCKEY

Join our Intro to Street Hockey Clinic, perfect for first-time players to get active, learn basic skills, and have fun while discovering the game of Street Hockey. All equipment provided.

## PICKLEBALL CLINIC

Ready to try something new? Join our Adult Beginner Pickleball Clinics at The Landing Y in Brunswick! Learn the basics, meet new people, and discover why pickleball is the fastest-growing sport in America in this six week intro session. Balls, nets, and rackets provided.

## EXERCISE FOR PARKINSON'S

Geared specifically to diminish movement challenges experienced by people with Parkinson's disease. Individuals with other neurological conditions are also welcome to join the class. Classes are ongoing and participants may join at any time.

## ROCK STEADY BOXING

An exercise program for individuals with Parkinson's, Rock Steady Boxing is noncontact so only our coaches take punches! We do exercises that help improve balance, strength, agility, bradykinesia, reaction time, and coordination. Participants must have our physical clearance form filled out and signed.

## INTRO TO SOCCER

This clinic style soccer program will allow preschool aged children to get an early introduction to the game of soccer! Participants will learn how to properly kick a soccer ball, how to perform throw-ins, some basic rules of the game of soccer and more! Registration Required

## INTRO TO BASKETBALL

Preschool children ages 3-5 will have the opportunity to learn and grow basketball skills like dribbling, passing, and shooting all while growing their knowledge of how the game is played in a safe and encouraging environment. Registration Required.

## WALKING SOCCER

A fun, low-impact soccer program designed for all fitness levels! Stay active, build friendships, and enjoy the game at a comfortable pace, no running required! Whether you're a seasoned player or new to the sport, Walking Soccer is a great way to stay fit and have fun. Registration Required.